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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
MAY 3, 1933 (WEDNESDAY)

THE MARKET BASKET

by  
The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:	
:	:	
:	Every meal -- Milk for children, bread for all	
:	:	
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes	: Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children	: Eggs (especially for children)
:	A green or yellow vegetable	: Lean meat, fish, or poultry or
:	A fruit or additional vegetable	cheese
:	Milk for all	
:		

MILK SOUPS FOR ECONOMY

Does a quart of milk a day seem more than your child will drink? Is a pint more than you yourself will drink? Nutritionists say your child needs the quart and you the pint, especially if you are on a economy diet. But of course you don't have to drink all that milk. Use some of it in soups, some in cooking vegetables, some in gravies and sauces, and in desserts. Use it especially in soups, however, suggests the Bureau of Home Economics of the U. S. Department of Agriculture.

There are several reasons why milk soups are a good idea in a family that must cut food costs to the bone. With milk, soup can be made to contain all the food values necessary for an adequate meal. This is especially true of chowders, which are filling, like other soups, and are also much more "lasting."

Milk has the important characteristic of holding its original food values "through thick and thin", so to speak. All the various forms -- fresh, evaporated,

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and dried milk -- have practically the same food value. Milk products, such as butter and cheese, contain the same nutrients as the cream or the milk from which they are made. Not even heat has much effect on the chief food values of milk. Cooking, drying, canning, even boiling, have little effect on the calcium and protein values. Two of the vitamins for which milk is important -- vitamin A and vitamin G -- are heat resistant. Not much vitamin B is lost since we rarely cook milk long. For vitamin C, milk is not a good source anyway.

On the other hand, heat does make some beneficial changes in milk. Pasteurizing, which involves heating to a moderate temperature, destroys the disease-producing bacteria that are likely to be found in milk. Heating at high temperature, as in cooking or canning, makes milk protein form a softer curd in the stomach. This is especially important in the feeding of infants, and invalids.

Milk soups, then, have the food value of the milk plus the nutrients of the vegetables or meats or fish of which the soup is made. Recipes usually call them "cream" soups. Cream of tomato soup, however, is made of milk and tomatoes, cream of spinach soup is made of milk and spinach, other "cream" soups are of milk and grated carrots, milk and corn, and so on. Add other ingredients, such as other vegetables, or fish, with some salt pork for seasoning, and you have a chowder, which is really a full meal in one dish -- if you choose the right ingredients.

An excellent way to make milk-vegetable soups is to cook the raw grated or chopped vegetable in the milk. A soup of mixed vegetables, or a chowder, should stand for a short time before serving, so the flavors may blend. Cream of tomato soup, of course, requires special treatment to prevent the acid of the tomato from curdling the milk. Do not use soda, because that destroys the vitamin C of the tomatoes. The trick is to thicken the hot tomato juice, heat the milk almost to the boiling point, then add the tomato gradually to the milk (not the milk to the tomato), stirring constantly. But do not let the mixture boil. Serve





at once, as a further precaution against curdling.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	25 - 31 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter. . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Fats, such as lard, salt pork bacon, margarin, butter, etc. . . . .	2 $\frac{1}{2}$ "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Whole Wheat Toast  
Tomato Juice for Youngest Child  
Coffee (adults) - Milk (children)

Dinner

New Cabbage with Cheese Sauce  
Baked Potatoes - Bread & Butter  
Hot Fruit Pie (canned fruit)  
Milk for children

Supper

Cream of Corn Soup  
Bacon, Lettuce, and Toast Sandwiches  
Milk for children

RECIPES

Corn Soup

2 cups canned crushed corn	1 tablespoon flour
1 cup water	4 tablespoons butter
1 quart milk	Salt to taste
1 onion, cut in half	Pepper

Combine the corn and the water, cook for 10 minutes, and stir constantly to keep from sticking to the pan. Press the corn through a strainer. Heat the milk and the onion in the double boiler and thicken with the flour and fat, which have been well blended. Add the corn pulp, salt, and pepper. Heat, remove the





onion, and serve. Buttered pop corn makes an interesting substitute for croutons to serve with corn soup.

### Quick Turnip(or Carrot)Soup

1 quart milk	2 cups grated raw turnip
1 onion, cut in half	or carrot
1 tablespoon flour	1 teaspoon salt
2 tablespoons melted butter	Chopped parsley

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, or carrot, and salt. Cook until the vegetable is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.

### Fish Chowder

1½ pounds fresh cod, haddock, or any other large fish	1 onion, chopped
2 cups diced potatoes	2 tablespoons flour
1 cup diced carrots	1 pint milk
1 quart water	Salt
1/4 pound salt pork, diced	Pepper

Cut the fish into small pieces and remove the bones and skin. Cook fish, potatoes, and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well blended, and add the milk. Add this mixture to the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Add more seasoning if necessary, and serve over crackers.

### Cream of Vegetable Soup

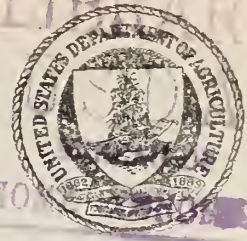
2 tablespoons finely chopped rutabaga turnip	2 tablespoons melted butter or other fat
3 tablespoons finely chopped carrots	1 tablespoon flour
2 tablespoons finely chopped onion	1 quart milk
1 tablespoon finely chopped parsley	1½ teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.





U. S. DEPARTMENT OF AGRICULTURE  
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
MAY 10, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	:			
:	Every meal -- Milk for children, bread for all	:		
:	:	:		
:	Every day --	Two to four times a week--	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry, or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

EAT MORE GREENS

Eat greens. In the springtime eat more greens. When you were a child they gave you sulphur and molasses, but now they say eat greens.

It is for good reasons, says the Bureau of Home Economics of the U.S. Department of Agriculture, that nutrition specialists harp so much on greens. In the green leaves of the dandelion, of mustard, of dock, or other wild greens, in the green tops of turnips and beets, as well as in kale, collards, spinach, lettuce, swiss chard, or green cabbage, are found food materials which are absolutely essential to good health. These green leaves are all rich in minerals and vitamins. Particularly they are rich in calcium and iron, and in vitamins A and C. They are good sources also of vitamins B and G. They rank at the top of the list as protective foods.

In winter, such root vegetables as carrots, sweetpotatoes, and Irish





potatoes furnish some of these protective food materials. And there are canned tomatoes and green cabbage all the year round. But greens in the usual sense -- cooked greens -- are associated in many minds with the spring of the year, doubtless because, in the colder climates and down until our times, there were no greens to be had in winter. Anyway, there is a special satisfaction in the fresh green things we can cut for ourselves, in field, fence-row, or garden patch.

And most people do not eat greens enough -- indeed, many people do not eat vegetables enough in winter. That is another reason for urging them to eat greens in the spring, when they may be feeling the effects of a scarcity of greens in winter. It is also a reason why families who can have a garden should plan to have greens growing through as much of the year as possible.

Raw greens, however, are richer in vitamins than cooked greens -- richer because cooking destroys two vitamins, B and C, and because the juices, which contain the water-soluble vitamins (B and C) and the soluble mineral salts, cannot escape when the leaves are eaten raw. Therefore, says the nutritionist again, eat plenty of raw green cabbage, plenty of green lettuce, and you can even eat raw spinach. In any case, never cook greens long -- though the harsher leaves like kale require more cooking than others. As a rule, however, cook greens just enough to wilt them -- they taste better then, anyway.

If you doubt this, try it. Put the greens in a kettle, with very little water -- for spinach and dandelions, no water at all except what clings to the leaves after washing. Don't put the lid on the kettle -- cooking greens covered spoils the fresh green color. Let them heat for a few minutes, stirring occasionally until they are just wilted. Then chop and serve with salt pork or bacon fat for seasoning, or with lemon juice or vinegar, salt and pepper.

For pan-fried greens, first crisp salt pork or bacon in the pan, then put in the greens and turn them over and over until they are wilted in the hot salt fat. Green

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cabbage, cut in half-inch ribbons, and heated until just tender but still crisp is particularly good in this way. Some of the harsher greens, such as kale, may need to be covered to decrease cooking time.

Greens wilted in hot, cooked salad dressing make another interesting dish. And, of course, there are creamed greens, such as turnip tops or kale or spinach, chopped, cooked a few minutes, and served in white sauce.

A salad of mixed greens -- crisp raw lettuce, parsley, cross, shredded green cabbage, served with French dressing, is another attractive and useful addition to the commonplace meal of bread, meat, and potatoes.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	25 - 31 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits. . . . .	6 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs. . . . .	5 - 7 "
Eggs (for children). . . . .	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Griddle Cakes - Syrup  
Cereal - Top Milk  
Tomato Juice for baby  
Coffee (adults)- Milk (children)

Dinner

Beef with Horseradish - Fried Potatoes  
Chopped Greens cooked in milk  
Bread and Butter  
Milk for children

Supper

Spanish Rice  
Bread and Butter  
Fruit  
Milk for all

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## RECIPES

### Spinach in Milk

2 pounds spinach  
2 tablespoons butter

1 cup top milk  
 $\frac{1}{2}$  teaspoon salt

Wash the spinach thoroughly in running water until free from grit. Press the spinach into a saucepan, add a very small quantity of water, or cover the pan and cook the spinach in the water which clings to the leaves. Cook for about 10 minutes, or until wilted, and stir the spinach occasionally so that it cooks evenly. Chop the spinach fine. Melt the fat in a saucepan, add the top milk and salt, and when hot add the chopped spinach, and simmer for a few minutes longer. Add more salt if needed, and serve at once.

### Panned Kale

Strip the kale from the midribs and discard them and the stringy portions. Wash the kale thoroughly in several waters, drain, and cut it into small pieces. For each quart of kale allow 2 tablespoons butter or other fat. Melt the fat in a skillet, add the kale, cover to keep in the steam, and cook slowly for 15 to 20 minutes. Sift a teaspoon of flour over the kale, mix well, pour in one-half cup of milk, and stir until thickened. Season with salt and pepper and serve at once.

### Savory Mixed Greens

Combine two or more kinds of greens, such as beet and turnip tops, field cress and spinach, corn salad and mustard greens, to give a blend of mild and pungent flavors. Wash the greens through several waters, and cook quickly in an uncovered kettle in a small quantity of lightly salted boiling water. As soon as the greens are tender, chop. Season with bacon fat and sprinkle over the top a little crisp cooked bacon broken into small pieces. Or cook a little chopped onion in fat until both fat and onion brown slightly, mix with the chopped greens, and add salt and pepper to taste.

### Braised Lettuce

2 large hard heads iceberg lettuce  
4 tablespoons bacon fat

Salt  
Pepper

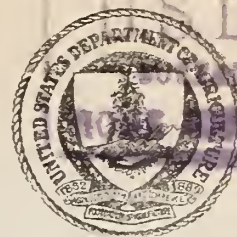
Cut each head of lettuce into four pieces, taking care that a portion of the center stem is left on each section to hold the leaves together. Heat the fat in a large skillet, put in the lettuce, cover, and cook for about 30 minutes, or until the lettuce is tender. Turn carefully if necessary. Sprinkle with salt and pepper and serve on a hot platter.







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WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
MAY 17, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	; Tomatoes for all
Potatoes	; Dried beans and peas or peanuts
Tomatoes (or oranges) for children	; Eggs (especially for children)
A green or yellow vegetable	; Lean meat, fish or poultry and
A fruit or additional vegetable	cheese
Milk for all	

MAKE YOUR GARDEN WORK ALL SUMMER

Gardens, vegetable gardens, everywhere. The need has been proved by hard experience, and thousands of people are gardening this year who never did it before. Even a little backyard garden is better than none, and many a vacant lot that ran to weeds in other years is a truck patch now -- for the benefit of owner-tenant, and especially for relief of the unemployed. Here is the summer vegetable supply for many a family that could not afford to buy the same foods the garden yields -- a most essential part of the family food requirements, too, because of the special food value of vegetables, according to the Bureau of Home Economics of the U.S. Department of Agriculture.

If these gardeners are wise, however, say the garden experts of the Department, they are planning to keep their land working all through the growing

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season, with one crop after another. In the northern tier of States, now is the time for the first planting of beans and corn and beets and carrots. But it is time for a second planting of garden peas and of spinach. Here are two vegetables which yield two early crops in the North to one in the South -- which is quite the reverse of the usual order of things. It is true of garden peas and spinach, however, because the cooler early summer of the North keeps the fresh pea crop and the young spinach leaves from "burning up" as happens under the southern summer sun.

In the central belt, it is time now for a second planting of beans and corn and beets and carrots. This should be a big planting, in order to yield enough for canning, drying, or storing for winter. It will be possible to plant still another crop of these vegetables in the central regions, but the experts say that the latest crop, because it grows through the hottest weather, is likely to be less tender than the earlier crops -- and the best the garden grows is the best for canning. This is the time to put in cabbage seed for the late or main crop of cabbage, for storage and to make sauerkraut. It is also the time, in the central areas, to plant okra, which is now well along in the South. One planting, of a dozen to 20 plants, will be enough okra for the average family all through the summer and until frost, provided the young pods are all cut off, as they come along and none are left to ripen.

In the South, it is now tomato-planting time -- a second planting, which, by the way, should be mulched with two or three inches of straw or pine needles to shield the roots from the sun and hold the moisture in the soil about them. A second crop of pole beans may be put in now, also, and a row or two of Swiss chard. This is one of the very best of summer greens. It stands the heat and continues to produce excellent greens until after frost in the fall. Swiss chard, by the way, is a beet that grows all to tops and has no enlarged root.



And then, say the experts, let nobody fail in the areas anywhere south of Washington, to plant a lot of black-eyed peas and a bed of collards. Fresh or dried, black-eyed peas are one of the standbys for families who have to count their pennies. As for collards, they are needed to take the place of late cabbage and kale which are gone by now, and which should not be planted again until fall because they would burn up in the hot weather that will come in the South from now on. Collards, however, can withstand the sun, and they will grow all through fall and early winter in the South.

Market gardeners, by the way, in some regions are doing something different with their early cabbage nowadays. As soon as kale is off the market, they cut the young early cabbage before it is fully headed, and sell it as greens -- thinning out the cabbage patch, but leaving plenty of the plants to head. The young green cabbage is particularly good when cut in narrow strips and panned; that is to say, heated in a covered pan with a little fat until the cabbage is barely tender but has lost little or none of its fresh green color.

The menu suggested below will not cost much if the family has a garden from which to get the fresh peas, the new cabbage, and the rhubarb. A little later the garden will contribute still more vegetables. Without a garden, or without the fresh peas to serve as a separate dish in this menu, it would be well to add carrots to the potatoes and onions in the meat pie.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	25 - 31 tall cans
Potatoes. . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter. . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits. . . . .	6 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc . . . . .	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Meat Pie - Fresh Garden Peas  
Hot Baked Rhubarb - Bread & Butter  
Hot Tea (adults) - Milk (children)

Supper

Tomato Cheese Rabbit on Toast  
Shredded New Cabbage Salad - Buttered  
Toast  
Cocoa for all

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RECIPES

Meat Pie

1½ pounds beef, rump or round	3 cups diced potatoes
1/4 cup flour	Salt
2 onions, chopped	2 tablespoons chopped parsley
1 quart water	

Rich biscuit dough

Wipe the meat and cut it in inch cubes, removing the fat. Fry out the fat in a frying pan and add the meat which has been rolled in the flour. Then add the onions. Cook and stir until browned. Transfer the meat and onions to a kettle. Rinse the frying pan with a little of the water and add with the rest of the water to the meat and onions.

Cover and simmer about one hour. Add the potatoes and continue to simmer until they are tender. Season with the salt and chopped parsley. While hot pour the stew into a casserole or baking pan, and cover the top with a rich biscuit dough. Bake in a moderately hot oven (375° to 400°F.) until the crust is brown. Serve at once.

Fresh Green Peas

Shell, wash, and drain green peas just before cooking, drop into a small quantity of lightly salted boiling water, and simmer (do not boil) for 15 to 20 minutes, or until tender. Serve the small quantity of water left with the peas, and add butter, salt and pepper.

Tomato and Cheese Rabbit

1 quart canned tomatoes	1 teaspoon onion pulp
1/2 cup flour	2 tablespoons butter or
1 teaspoon salt	other fat
Pepper	1 or 2 eggs
1 pound soft flaked cheese	

Mix the flour with the cold tomatoes and cook in a double boiler until thickened. Add the salt, pepper, cheese, onion juice and fat and stir until the cheese has melted. Beat the egg, add some of the hot mixture. Mix well and add to the remainder. Heat a few minutes, and serve at once over crisp crackers or toast.

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WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
MAY 31, 1933 (WEDNESDAY)

THE MARKET BASKET

by

the Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Two to four times a week --
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:	Potatoes : Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children : Eggs (especially for children)
:	A green or yellow vegetable : Lean meat, fish, or poultry, or
:	A fruit or additional vegetable : cheese
:	Milk for all
:	:
:	:

USEFUL HERBS FOR WINDOW BOX AND DOOR YARD

Speaking of gardens, as one does this time of year, we note that some useful possibilities are oftentimes neglected. Not by the thrifty market woman are they neglected. She uses every little corner of her vegetable garden, her dooryard, her window box or her flowerbed to tuck in a cutting, a plant, or the seed of some useful herb. Thus she is able to sell you thyme, sage, chives, or dill. Or perhaps she will have sweet marjoram, basil, savory, chervil, tarragon, chili peppers, or possibly, in the South, sesame seed or bene. She will have parsley and mint, cress, and perhaps some lemon verbena or rose geranium leaves. And probably others of the long and fascinating list of herbs that we cherish for their fragrance and their flavor.

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THE HISTORY OF ARTS  
AND ARCHITECTURE

Does somebody say these are mere "frills", and not our concern nowadays?

That the main thing is how to keep the wolf from the door? According to the Bureau of Home Economics of the U. S. Department of Agriculture, these so-called "frills" are a highly useful and practical feature of the family food supply, especially if the family is short of cash. Such "frills" cost next to nothing if you grow them yourself, and their value, aesthetic and psychological, is high. If used judiciously, they stimulate the flagging appetite and lift the family spirits, for as everybody knows, the skillful cook can make the same food seem almost like something else -- if only she can have her way with the seasoning of it. And the looks of a dish, with a sprig of parsley or cress make it far more tempting to the palate, too.

Now, comes the suggestion, then, since this is gardening time, that the housewife grow her favorite herbs and provide her own seasonings for the summer and next winter, too. To many people, there is a very wholesome personal satisfaction in making things grow. That counts, too. If the growing things are useful, this satisfaction is so much the greater.

These plants are commonly grouped as herbs, though the botanists may not fully agree. They are plants some part of which is used for seasoning or flavoring -- soft stems or leaves or flowers or seeds or roots. In the northern part of the United States, this is seed-planting time for herbs, and a few cents will buy the seed. Farther south, it is better to use cuttings now, or to transplant -- from a neighbor's garden, maybe.

Some of the herbs grow beautifully and abundantly in flower pots or window boxes, according to Mr. W. R. Beattie, one of the Department's garden specialists. This is true of basil, parsley, sweet marjoram, mint, watercress, rose geranium, nasturtium, and lemon verbena. Savory, sesame (or bene), tarragon, chervil, sage, chives, and dill are best put out in the ground. But they take very little space.

In this country we use sage, thyme, and savory chiefly in stuffings for poultry, in sausage, and in cheeses. Tarragon leaves and dill are used in vinegars





and pickles, also in sauce, especially for fish. Chives give a delicate flavor to sauces, salads, and omelets.

Mint is used for many purposes -- stuffings, jellies, sauces, vegetables, fruits, salads, beverages. Some like the finely chopped leaves with green peas, or sprinkled on glazed carrots.

Basil is a favorite seasoning for soups and stews, and for tomato dishes, especially macaroni with tomatoes and cheese. Italian cooks use it also in bean soup.

Sesame (or bene) seed for cookies, poppy seeds for rolls. Tender, spring nasturtium stems and leaves for salads, with the bright petals for decoration. Rose geranium leaves for the bottom of your cake pan, lemon verbena and rose geranium for jellies -- especially apple jelly. These are the more familiar uses of these plants. They contribute so much to the variety of commonplace food that they well repay the exertion and the slight cost of a bit of gardening, even if only around the doorstep or in a window box.

Among the commonplace dishes that gain new zest if seasoned with herbs are tomato soup, vegetable soup, eggs and omelets, rice, fish, meat balls, veal or lamb stew, cottage cheese. Which herbs to use, and the proportions of each, are largely a matter of individual taste, but one secret is never to use too much. The flavor should be delicate.

Chervil, chives, sweet basil and parsley in equal quantities, with mushrooms and eggs, are used in a fine-herbs sandwich described by one authority; in another, tarragon, chervil, basil and chives, with eggs and lettuce; in still another sandwich the mixture is mint, chervil, and cress. White sauce for broiled fish or omelet may use chervil, summer savory, and chives, or a more varied mixture including chives, parsley, sweet marjoram, and thyme (recipe on p.4).

#### LOW-COST MENU FOR ONE DAY

##### Breakfast

##### Fruit

Cereal	-	Toast
Coffee (adults)	-	Milk (children)





Dinner

Fluffy omelet or fish, sauce with  
green herbs  
Buttered peas -- Rice  
Hot oatmeal muffins  
Tea (adults) - Milk (children)

Supper

Bacon and lettuce sandwiches  
Potato salad with chopped chives  
Cocoa

RECIPES

Sauce with Green Herbs

1 cup milk	2 teaspoons finely cut chives
2 tablespoons butter or other fat	2 teaspoons finely cut parsley
2 tablespoons flour	2 teaspoons finely cut marjoram
$\frac{1}{4}$ teaspoon salt	2 teaspoons finely cut thyme
1 teaspoon butter or other fat	

Make a sauce of the first four ingredients. Melt the teaspoon of fat, add the herbs, and cook for a few minutes. Stir this into the sauce, and cook in a double boiler for about 10 minutes. Serve hot over fish, omelet, or cooked vegetables.

Fluffy Omelet with Green Herbs

For five or six people use 6 eggs. Beat the yolks thoroughly and add  $\frac{1}{2}$  cup of hot white sauce made with herbs (recipe above). Fold the yolk mixture gradually into the stiffly beaten whites. Have ready and hot a smooth heavy omelet pan containing 1 tablespoon melted butter or other fat, and pour the egg mixture into the pan. The omelet may be cooked in different ways, but in any case start it on top of the stove at moderate heat. If a small-sized gas or oil burner is used, move the pan about so that the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned slightly on the bottom, place it in a moderate oven (350°F.) and bake for 10 minutes. When the omelet is done, crease it through the center, fold it over with a spatula, and roll it onto a hot platter without attempting to lift it from the pan. Serve at once with garnish of parsley or other green herb.

Sesame Seed Cookies

$\frac{3}{4}$ cup sifted flour	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon salt	2 tablespoons milk
1 teaspoon cinnamon	1 egg
$\frac{1}{2}$ teaspoon soda	1 cup roasted sesame seed
2 tablespoons fat	1 cup seedless raisins

Sift the dry ingredients together, except the sugar. Add the fat, sugar, milk, beaten egg, seeds, and raisins. Stir until well mixed. Drop on a greased pan by teaspoonfuls about 2 inches apart, and bake at 400° F. until lightly browned (15 minutes).

To roast the sesame seed: Clean and wash the seeds thoroughly. Spread them out and allow them to dry at room temperature, then put them in a pan in a layer one-fourth inch deep. Roast them in the oven at 150° C. for 25 minutes, stirring frequently.

